

**ABSTRACT OF THE DISCLOSURE**

A canning jar strainer incorporating methods for food hold-down, straining, and strainer removal. The present invention comprises: a planar disk-shaped semi-resilient sheet material having a plurality of small incisions located circumferentially around the disk, crescent cutouts and integral pull-tabs. These tabs, when folded toward each other, form a handle, which serve to pull out the strainer and provide distance maintenance between a jar lid and the disk. Therefore, inserting the disk of the present invention into the neck of a conventional canning jar provide a method of holding food goods below the liquid line thus preventing oxygenation of the food goods, while also serving as a strainer, which can be easily removed.